



CITY NEWS:

Nature the focus
at new alternative
kindergarten **P. 10**

MUSIC:

High school experience
shaped Pile Of Bones
Bass Band **P. 23**

SHARP EATS:

Lunchtime favourites get
a healthy makeover
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CLASS ACTION

IT'S A WHOLE NEW WORLD
FOR UNIVERSITY STUDENT
KAYLA PENTELIUK
AND KINDERGARTEN STUDENT
NIXON LANIGAN **P. 5**



FREE

FASHION

We want to feature your favourite outfit in QC!
Send a photo to qc@leaderpost.com

* SASKATCHEWAN STYLE

Looking good for back to school

It's a long-standing tradition for many kids and parents — going back to school shopping to find the perfect outfit for the first day of the new year. QC talked to Riley Faber and his mom Rea Harbus about his stylish new threads for the school year. *By Ashley Martin*

Riley Faber

If the truth be told, Riley wouldn't be wearing such a cute outfit on the first day of Grade 2.

"Sweats and a T-shirt [display my] ones that say baseball on them," said the seven-year-old.

One day earlier for the new year is a summer, which have been in there.

"We're working hard to look to be our faces this year," said mom Rea Harbus, a fashion designer.

But for Riley, his Swiss Army backpack and waterbottles are the most exciting part of his outfit.

1. SHIRT: Gap

2. TIE: The Children's Place
"She gave me the chance of two different ties. I knew I would want this one."

3. MONSTER WREST WALLEY: Acanath Designs by Rea Harbus. "I named him that."

4. BACKPACK: Staples. "I like it because it has so many pockets... My mom said it has to last two years."

5. WATER BOTTLE: Du prestone. "I can't believe I actually got to bring two water bottles around school. It has cool designs on the sides."

6. PANTS: Gap

7. SHOES: Gap



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ON THE COVER P. 5



Mason Langan is looking forward to his first day of kindergarten this fall. QC PHOTO BY MICHELLE BELL

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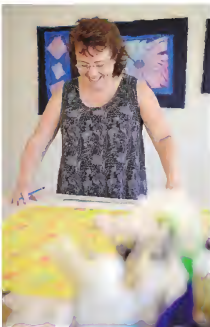
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MY FAVOURITE TEACHER P. 13



Former high school English teacher Lisa Heppitt is looking positive impact on many of her former students. QC PHOTO BY TERRY DUNNE

QC COVER PHOTO BY DON HEALY

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INVENTORY

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HELPING HANDS

Everything from A to Z in toys and evening materials to help kids make the most of their time at Helping Hands. Tools for Parents and Teachers. Arts and crafts. Baby toys to encourage learning. Canadian play currency. First Nations and French workbooks and many other unique finds are stacked high at the 4037 Albert St. store. For eight years, store owner Ram Chagreddy has provided items to help parents and teachers prepare youngsters from newborns to preteens for their school days. Store hours are 10 a.m. to 5:30 p.m. every day except for Thursday when the hours are extended to 8 p.m. On Sunday the doors are open from 1 to 4 p.m.

1. ONE + ONE = FUN: Real World Math Unspooled Events game \$29.99

2. READING RAINBOW: A selection of educational books from the Canadian Curriculum Books range from \$10-\$20 each

3. PREP TIME: Learn to cut, write and colour with the ready-set, silvial worksheet \$4.99

4. LACE 'EM UP: Kids can learn to lace and colour with the ready-set, silvial worksheet \$4.99

5. BULLETIN BOARD MATERIAL: For alphabets or messages in the class room you'll find Dr. Seuss punch-out letters (\$30.99) or different images such as the Cat in the Hat's trademark headpiece (\$19.99 — also available in goldfish).



Cheer Card in Saturday's LEADER POST
LET'S PAINT THE TOWN GREEN!



STANDING UP FOR QUALITY JOURNALISM

The Saskatchewan Media Guild, which represents journalists at the Leader-Post, wishes all residents of Saskatchewan and beyond a happy, safe Labour Day.

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www.cwa-sccanada.ca

ON THE COVER

Don't be afraid in your last year. Really step out of your shell. — *Kayla Pentelak*

BACK TO SCHOOL

Two students ready for new experiences

By Angelina Irlinich
and Jenn Sharp

As summer ends, back-to-school begins. It's a season of change and a season of firsts, from kindergarten to the first year of university.

At home, the vacation has ended by sounding out new words and when it comes to learning math with his abacus sister, he's "in there like a dirty shirt," says his mom Rhonda. Nissa goes into kindergarten this fall.

"I think he'll love having the structure of learning. I think he'll like science," she says. He's into things like volcanoes and rocks.

Right now, his favourite thing is bugs, if you don't count his Skylanders toys.

"Skylanders aren't scary," he says, as he looks in the grass for bugs. He says he wants to be a soccer player when he grows up.

As he talks about his Skylanders toys and playing Lego, Nissa explains that he's already been wearing his new shark backpack that he got for the first day of school.

Nissa is enrolled in the morning kindergarten session at Prince Philip School in Saskatoon.

"I think I'm just a bit and to see that he's growing up, but at the same time I'm excited for him to start learning how to read and do math," says Rhonda. "I look forward to him growing and having a great love of learning."

A love of learning is what motivated Kayla Pentelak to enroll in the college of Arts and Sciences at the University of Saskatchewan this fall, after graduating from Saskatoon's River Hardy Collegiate in June.

Pentelak, who enjoys writing and reading, has always been an overachiever. She decided not to take any time off after high school because she wants to take advantage of the study bus to its fullest.

"Ever since I was little, I wanted to go to the U of S," says the 18-year-old. "There's never been a doubt in my mind that I wouldn't go to university."

Enrolled in a light summer dress and with her wavy blond locks falling around her shoulders, she's confident and ready for the next phase of life. She just finished a rite of passage for all first-year university students: buying textbooks.

"I went in with the book list and it was as



Kayla Pentelak and Rhonda Leighton are both preparing for a new phase in life as the school year approaches. (CP PHOTO BY KIMMELI KIM)

easy to just find everything — it was like Christmas."

Her confidence doesn't stop there. For many, university is about much more than getting the classes needed for a degree. It's about branching out into a brand new world and leaving the moments of high school behind. It can be a world where anything is possible and the opportunities are endless.

"I feel like the people that I meet and the experiences that I have will define me. There's so many people that don't know each other in their first year and I'm just one of them."

Kayla likes journalism, but she hasn't decided on a career. For now, she wants to earn a degree and is looking forward to all her classes, especially Women's and Gender Studies.

"I'm going to experiment and shop around (to see what I like). Journalism has always really interested me. It will be suitable for who I am."

The last year of high school can be the last forever. You're happy to be done but you'll never have an experience quite like it again. Everyone knows it's the end of an era and an inclusive nature prevails. Pentelak says Grade 12 was the best year of her entire school experience.

"We know it's your last year and you get to know everyone so much better."

Her advice for anyone going into their last year of high school:

"Get ready mentally. It is as much fun as you're not graduating with all of these peo-

ple, why not get to know them better?"

"Don't be afraid in your last year. Really step out of your shell and your comfort zone. It's your last year — there's nothing to lose."

Kayla worked on River Hardy's Crossed path activities and yearbook. She also helped fund the school's first gay straight alliance (GSA) and soccer justice league in Grade 12. She's good at connecting with people.

She admits she is nervous as the first day gets closer, but she's also excited to meet new people and to learn.

"People are telling me about how you walk into this lecture hall and there are 300 other people that are in the same position as you. It's cool because I get to meet all these people and each person has a story."

CLASS OF 2013



Nixon Lanigan

Age 9, kindergarten
Prince Philip School, Saskatoon

FAVOURITE SUBJECT: His main thing is science.
ACTIVITIES: Biking and soccer. He'll be starting hockey in the winter.

BEST MEMORY FROM SCHOOL: We got to paint with our fingers. My fingers and whole hand was dirty.

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? They'll teach me to swim to 100°. He also is excited to play at the sand table in the classroom.

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? A basketball player. He's very into animals and wants his future to be being a scientist.

Nohl Gustafson

Age 7, Grade 2
Wilfred School, Saskatoon

FAVOURITE SUBJECT: Reading because when I know how to read I can read books that my brother reads.

ACTIVITIES: Swimming.

BEST MEMORY FROM LAST YEAR: "French, music, always science and learning new things."

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? Which new teacher I'm going to get and I can learn new things.

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? "I keep on changing but right now I sort of think a policeman. The police in Salmon Arm are awesome and the bad guys break into stuff and the police always come. A musician too. Oh I wanted to be a nerd so a computer guy. Then I changed my mind."



Kian Tyson

Age 6, Grade 1
Saskatoon French School, Saskatoon

FAVOURITE SUBJECT: "All of them! Especially gym time."
ACTIVITIES: Basketball, soccer and volleyball in gym class.

BEST MEMORY FROM LAST YEAR: Playing dominoes.

We played games and it was fun. His favourite word he learned in French so far is *amuse*, which means *fun*.

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "Probably to see my friends (I haven't seen in a long time)."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? A policeman but, I'd have to be a fast runner because they catch bad guys and sometimes they could just slip out of my hands. Or a hacker.



Amira Taylor

Age 8, Grade 3
John Lake School, Saskatoon

FAVOURITE SUBJECT: "Gym because I like to exercise a lot and there's fun games to play while I exercise. I like science a lot too."

ACTIVITIES: Dance and piano lessons.

BEST MEMORY FROM LAST YEAR: "We had a trip to China and we also did soccer plays."

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "I'm going to have some other friends than that I'll know." (She's switched to a new school.)

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? "I think a lot of things I want to be and some that I need to be. It's not so much things I know I'm going to be. Just some things I've been experimenting with." Like science experiments and fashion design.



Jonah Cruickshank

Age 9, Grade 4
Codic with the Walker, Regina

FAVOURITE SUBJECT: Math, drama and gym.

ACTIVITIES: Piano lessons, fast ball video games and reading the Chronicles of Narnia.

BEST MEMORY FROM LAST YEAR: "The recesses because I have a lot of friends at school so we play a lot of games. We usually create our own games but sometimes we play board games."

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "Probably to see my friends again."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? "I was sort of thinking of working with movies a little bit. Not being a director but like acting and stuff."

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "Probably to see my friends again."



Nico Butel-Marchildon

Age 12, Grade 5
École Montaigne de Lével, Regina

FAVOURITE SUBJECT: Physics and activities. Soccer, drawing and reading. Manga and comic books.

BEST MEMORY FROM LAST YEAR: A skate field trip. "It was the first time I went skateboarding in my whole life."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? "I kind of want to be an artist, but just draw and stuff and a person that makes video games because I'm really into video games."

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "Close to being done school. I'm kind of excited to get a new teacher."

CLASS OF 2013



Ashantay McKenzie-Missens
Age 13 Grade 6

Mother Teresa Middle School Regina

FAVOURITE SUBJECT: Math. "It's a challenging subject and I like challenging subjects."

ACTIVITIES: Basketball. Her team the Firecrackers went undefeated. She plays on playing the school team this year.

BEST MEMORY FROM LAST YEAR: "When we went to Vancouver. We learned about First Nations culture and made some crafts and it was very fun."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? A dentist.
WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "Looking forward to all the new activities I can join. In Grade 7 you get to join a lot more activities. I would join football and football tag team I think."

Molly Hall-Cunningham

Age 13 Grade 6
Maison McWorrey School Regina

FAVOURITE SUBJECT: Math. "I am into all activities. Volleyball and I went last year basketball and time at the family cabin."

BEST MEMORY FROM LAST YEAR: "I was real to be considered to be one of the biggest kids in school. And I was in a Grade 6 class."

DESCRIBE YOURSELF: "I like to help out the teachers and that kind of thing. I think I'm pretty helpful and fun."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? A veterinarian.

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "I think I just play volleyball again. And I want to take science again and see if I can get into it more. I've never really been a big fan of science."



Hannah Klassen
Age 12 Grade 7

Courtenay School Regina

FAVOURITE SUBJECT: English. "I am into the books I read."

ACTIVITIES: Basketball. "I play for the girls' team. I like to play for the girls' team. I like to play for the girls' team. I like to play for the girls' team."

BEST MEMORY FROM LAST YEAR: "We went on a three-day field trip at the middle of the year. (A winter camp) it was lots of fun."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? "I always am a scientist because that is a dream of mine. I think being a teacher would be lots of fun. I'd get to be around kids a lot and I'd get to help them achieve new experiences."

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "I'm really excited to see all of my friends and to meet my new teacher."



Deklen Wolbaum
Age 13 Grade 9

Winston Knoll Collegiate Regina

FAVOURITE SUBJECT: Social studies, science and history. "That's what I'm most into. I like all things."

ACTIVITIES: Ice hockey and track. In the summer, fishing and boating.

BEST MEMORY FROM LAST YEAR: "We did lots of different experiments in the winter. We did lots of chemical reactions and stuff. I remember our teacher telling us not to touch it."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? An architect or a politician. "I know I have to get good grades because I want to go to university and I hope I get into a good one."

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "I'm a bit nervous. It's a new place. I go to Winston Knoll already for band so I've been there lots."



Kennedy Hanwell
Age 14 Grade 10

Miler High School Regina

FAVOURITE SUBJECT: English. "Activities. Reading, hanging out with friends."

BEST MEMORY FROM LAST YEAR: "The break between class and (the) cafeteria. The best thing was PAA. It was so much of classes like cooking, cooking and design."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? A photographer. "Maybe I'd like to maybe be a writer. But I think it's pretty hard to make any money at it. There are only a few jobs like that."

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "I'm thinking about taking a trip and maybe commercial cooking. I think it would be cool to learn about taking pictures and playing with professional cameras."



Dillon Cheveldae

Age 15 Grade 11
Maison M. Graham Collegiate Saskatoon

FAVOURITE SUBJECT: English.

ACTIVITIES: Volleyball, basketball, band (piano), SAT and school music.

BEST MEMORY FROM LAST YEAR: "I was in Edmonton with the band. 'Traveling up on the bus is really a good time.'"

DESCRIBE YOURSELF: "Creative, open-minded and friendly."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? "I have no idea. I've thought about it a million times. I like to work so much."

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "Just knowing it's the end of my high school career and the start of something new."

CLASS OF 2013

Kristian Kaufmann

Age 17
Grade 12
St. Joseph High School
Basketball

ACTIVITY: Soccer and basketball
FAVOURITE SUBJECT: History
BEST HIGH SCHOOL MEMORY: "It was cool at the start to be a class. It was so different from elementary and there was so many opportunities."

DESCRIBE YOURSELF: "Nice guy. Really outgoing, athletic."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? "Being an musician is sort of what I had in mind. I probably take a year off then go to SASST or maybe university."

WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "You're able to choose things for yourself and you have so many options — like if you want to go to class or not, what classes you want to take and admission into things."



Kayla Pentelluk

Age 16
First Year Arts and Science
University of Saskatchewan
Graduated from St. John's Hawley
College in Saskatoon in June

FAVOURITE SUBJECT: English
ACTIVITY: Evan Hardy's
Dancing public from songs/
songs for you books performance
and helped found the school's
gay straight alliance (GSA) and
social justice league

BEST HIGH SCHOOL MEMORY: The Golden 10

Coffhouse and Shereese nights. I was in Grade 9 the first time I played music at Coffhouse and I can remember being absolutely amazed at how supportive everyone was as I walked onstage to perform. These nights really helped me grow not only as a musician, but as a person.

DESCRIBE YOURSELF: "I am a bright, compassionate and kind person who is happy when someone is playing guitar or singing."

WHAT DO YOU WANT TO BE WHEN YOU GROW UP? "Undecided but leaning towards journalism."
WHAT ARE YOU MOST EXCITED ABOUT FOR THIS YEAR? "To meet new people and to learn."



FIVE THINGS I WISH I KNEW BEFORE UNIVERSITY

1. Take advantage of all the once-in-a-lifetime opportunities student life offers, to learn, travel and meet people.
2. When you're at a party, go home at midnight so when you can "kick the wee wee" you're not too tired to go to bed the next night. It's when most bad things happen. And energy drinks are not a healthy way to get through the day. Try a good night's sleep and eat smart.
3. Try to use the urge to skip class and go to the Out of Town. "You just got to be here, right?"
4. Don't write an essay the day it's due. Essays are not the same as exams.
5. Everything takes longer than expected. Whether it's researching for an essay, editing a video or waiting to class, things come up. The book at the library is in loan, your technology fails you or you get lost. You need a lot of extra time or else you end up frustrated and unable to produce your best work.



THE FIVE BEST RECESS ACTIVITIES

1. Slip race
2. Swing on the monkey bars
3. Ultimate (play) Farting challenge
4. Hapscotch
5. Anything involving a ball (Sled Ball, Dodgeball, soccer)



READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

DR. FELIX VELOSO

Natural ways of preventing most strokes



Dr. Felix Veloso

"Doctor, I had another stroke!" I am taking several daily medications most with possible serious side effects but I am still having strokes.

"Besides adding more pills or switching drugs, is there anything more I can do or could have done, preferably naturally, that might provide additional protection against strokes?"

In my more than 40 years of providing neurologic care to the people of southern Saskatchewan, I have repeatedly heard similar frustrations and questions from worried patients and anxious relatives. *Stroke Prevention Naturally: Proven Non-Pharmaceutical Stroke Avoidance Strategies* is my modest effort to address their concerns.

My book revolves around a patient who enters the emergency room with an acute stroke that completely paralyzes his left side. I have three hours to administer the medications to dissolve the blood clot responsible for his stroke and thereby save him from the paralysis that is the number

one perpetrator of permanent disability and the second highest cause of mortality in the world. Hoping the blood thinner longer than three hours after the onset of his stroke symptoms puts the patient at grave risk of serious bleeding complications. While preparing the patient to receive the blood-clot buster, I discover that his blood pressure was dangerously elevated and must be normalized first before I can safely administer the blood thinner. The patient's wife then informs me that the reason for her husband's stroke causing hypertension was that he had not been taking his anti-hypertensive medications as prescribed partly because of perceived lack of efficacy and partly due to side-effects of the drugs. The wife then understandably asks, "What more could he have done naturally that might have provided additional protection against stroke?"

My book provides recognized natural, healthy lifestyle strategies that can prevent up to 80 per

STROKE PREVENTION NATURALLY



Reviewed by Jennifer Sanchez Long

cent of strokes (along with diabetes and heart attack).

Stroke Prevention Naturally: Proven Non-Pharmaceutical Stroke Avoidance Strategies is available at Chapters/Indigo book stores at \$18.95 per copy.

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It inspires their families, it inspires their community as well to see people taking that kind of initiative.

— Anna Rose

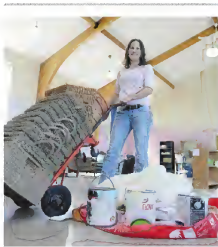


Photo: Sky School's Anna Rose gets the classroom ready for the school year. (C) PHOTOS BY DOUGLAS

"They don't realize that it's academic at all. To them, it's just very playful and imaginative and a lot of fun."

Rose revealed one time during Earth Week when her class was on a nature walk and spotted some garbage on the ground. Not only did students reflect on how people don't respect the environment, they also picked up the garbage.

"It inspires their families, it inspires their community as well to see people taking that kind of initiative," said Rose.

Founded in 2000, the school originally of five grades 1 to 5 but has expanded to include grades 1 and 6 and kindergarten — maintains using the nature and arts approach throughout.

Since classes began in 2000, the school has also grown from 12 students in the basement of St. Mary's Anglican Church to about 40 students this year — forcing it to move into a new location on the upper floor of St. Luke's Anglican Church on Angell Road.

Walberg laughs at the irony that the school is non-religious but keeps occupying church space.

"They seem to welcome us. And they're lovely people to have as landlords and neighbours," she said.

As a qualified independent school, meaning that it receives 80 per cent funding per child from the province, Prairie Sky is separate in order as it doesn't abide by a school board but instead has its own board of directors.

The partial funding allows the school to be accessible to families of all incomes by offering a sliding scale tuition.

For a family with one child entering more than \$10,000 or more tuition is \$166 per month for kindergarten students. Families earning between \$60,000 and \$75,000 could be eligible for a monthly tuition of \$200, and so on.

"It is really important for us not to be a private school but to really be offering an alternative in an independent school," said Walberg.



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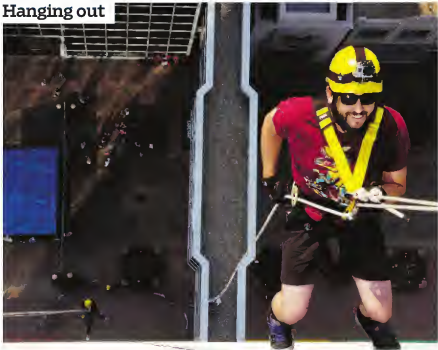
LEADER POST

Can't Get Through to a TRUSTED

IN THE CITY

AUGUST 24, 2013 — 4 P.M.

Hanging out



Jana Gruney rappels down the side of YVR Centre Tower 2 in Pigeon at the Grizzly Seals Drop Zone. The event raises money for Grizzly Seals, a nonprofit that works with at-risk and youth with disabilities. GC PHOTO BY MICHAEL RYAN

YOUR FAVOURITE PLACE

QC wants to hear about your favourite place in Regina. Email qc@leaderpost.com

MY FAVOURITE TEACHER

Surprising students was Heron's goal

By Ashley Martin

My favourite part of high school at Thelon Collegiate was English class. Lora Heron, or Mrs. Hargetts as I knew her then, taught me Grade 8, 10 and 11 English and Grade 11 journalism — the class I still consider one of my longest-held yet wacky-wacky dreams of becoming a journalist.

Like me, she'd had a long-time career plan. Growing up in Weyburn, where she lived until age eight, Mrs. Schuler taught me Grade 10 and after that I wanted to be a coach or —

When she was a child, she played school and her sisters would complement that she assigned too much homework (That wasn't a problem for me in her class. I was a book worm who loved novel studies and had a penchant for even that popularly loathed subject, grammar).

But even the second, passion her plan. "I didn't know at I wanted to be a teacher just because every one said I should be a teacher or it was because I really wanted to be a teacher. How could you, in Grade 10, know what you want to be for the rest of your life?"

But teaching children in skating and Beavers allowed her dreams and she enrolled in the University of Regina's education program. Her first teaching job was in Weyburn, taking over Mrs. Schuler's class.

In a 17-year teaching career, she taught all ages from kindergarten to K12/ST adult basic education, but high school English was her favourite.

She's not a classroom teacher anymore, but her new job in government business resources encourages learning and development, two things she loved about teaching.

Q Why did you like English so much?

A I'm not really good with repeating stuff but it didn't matter if I was teaching Hamlet to three

different Grade 10 classes because there's always something different. There's lots of things that you can find and share and for me it was like, OK I'm going to see if I can get you guys to like Hamlet!

I had all these pictures up on the wall, all this Shakespeare stuff, and one student was kind of being a bit of a snarky and said "Well school want to read anything written by that guy?" He looks so goofy (OTOH he's really cute). I said, "Well do you know what a nutty? It's really hard and nutty so it keeps the line from his head from not going onto his body." I know a whole bunch of stuff and I just shared these anecdotes about that time it was so funny because at the end of that hour he says, "Mrs. Hargetts, do you think we could start with the ones and Juliet?"

What teaching was all about was just surprising people. "You will read this, you can do this, you CAN read a book."

Q What was your favourite aspect of English to teach?

A Not grammar. To Kill a Mockingbird is probably right up there. It's hard — what about Brave New World? What about Huckleberry Finn? Those are probably my top three though.

Stories that I liked teaching were ones that sometimes weren't books that a teacher might pick up and read. Like To Kill a Mockingbird is a beautiful story but it's a big book so not all teenagers are going to pick it up to read. Certainly not likely going to pick up Hamlet and Brave New World. It's also nice to read and find answers and things that make you think and (those are) books that make you think. For me it's about the human experience about people and those human themes.

Q Why did you stop teaching?

A I think the job of a teacher is really hard these days. It was hard enough and I was tired of all of the enormous lecture expectations — they're voluntary that suggested —

and my kids were heading into high school years and I had never been to one school thing ever. I never took either of my children to their first day of school, I'd never been on any field trips with my kids, I never did any of these things.

It's hard to say on some days and there's just so many different demands and I was just so tired. It's not that I didn't want to be there for other people's kids, it's that there wasn't a balance.

If I look at most of the years when I taught, I probably put on a maximum 10-hour work week at any given time.

I had wonderful colleagues but when you're working you're in your classroom and you're alone and you can go days and weeks without even seeing the other parts of the staff because it's a big school, and you can become very isolated. Teachers are very collegial, so there are very helpful, but if you can't create some way of connecting, you can become so isolated that you just feel like you're alone in this classroom.

Q How does your new job compare?

A In my work that I do now, we do a lot of teamwork — I pretty like that and I didn't have that opportunity for a long time.

Certainly there's no Hamlet in which, or To Kill a Mockingbird, but there's other — colleagues. We're planning and we're organizing and making sure things happen on time. It's pretty cool. I am very lucky how it all worked out. The job I have is pretty amazing and it just puts it all together.

Q Do you ever miss being in a classroom?

A I do. I miss teaching. I miss the students. People will say, "You must be so glad. High school students are so horrible," and it's like, "No." They're great and they have so much to offer and they're interesting. There'll be so many really fun things that I'll learn and we'll do it together.



Though Lora Heron left 17 years teaching high school English for a government business resources role, she had a positive impact on many of her students. **QC PHOTO BY TONY HART**

NEXT WEEK: What would you do or have you done if your child is bullied at school? Email qc@leaderpost.com

PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

What is your most memorable moment from when you were in school?

"Playing chess every chance we got... especially after doing a pot chess banned! Yes, I'm serious. They banned chess because it was disruptive. We were made fun of and teased by other children so there was always a conversation when we played. Instead of cracking down on the trouble makers, they just banned chess from public areas. We tried to play in the library but that was only for reading and talking. We tried to look through rooms, but those were only to be used for proms. In the end, they couldn't stop us. We learned to play blind chess (no board) and played as we walked the halls!" — Ron Porter

"My brother rode his horse in the school and the teachers chasing him!" — Catherine Ciesla

"The day I got bigger than my sister so she stopped beating me up!" — Adam Greene

"In Grade 8 my desk was at the front of the classroom and one time when I was sitting there using the washroom I thought I would be smart and jump over the chair without using my hands on the desk. My feet got caught on the chair and I fell flat on my face on the other side of the desk. I was humiliated to say the least!" — Shelby Lambert

"Bus rides to school! I used to sleep from the school so I had lots of time to chat with friends!" — via Twitter @Glasgowheads

"The year and winter meet when the school would have a huge tosser of bags and traps. While it burned down enough so we could get close we had a football game. I went to a one-room country schoolhouse — giving away my age years!" — Sarah Galvin

"Making a friend for life!" — Gail Mohler

"Hands down my most memorable moment at high school was at our Grade 12 picnic (even the Jr. male athlete of the year scholarship). What makes that moment so special was the comparison we were against. Any of us would have not dated this moment. It was an amazing self-esteem booster!" — Alison Giesche

"Breaking into the biology classroom and stealing up a pair of hot pink pajamas from the drying



with cases of books weighing down the feet and a single recording of Do You Think in Sex? swapped from the couch. The teacher swapped his radio over to playing the song and then he would talk about hot and sexy things and leaves. Only the students knew who we were!" — Judy S

"Skipping school!" — Linda Howard

"Waiting for school to be done — I was a clock watcher!" — Ken Senow

"I always loved the new school supplies, some shiny about fresh paper, pens and markers. And [at] the French immersion school I went to we made toilet in the snow. (I loved that)" — Alexandra Soto

"I do remember being really excited for the first day when my new clothes and having all those lovely new school supplies!" — Lisa Hiron

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Norsk Høstfest
October 1-5

New Businesses & Coming Soon:
Gordmans, Sonic, Longhorn
Steakhouse, Panera Bread
See inside for more!

Y's Men's Rodeo
October 10-13

**Minot is Mobile — Connect to
visitminot.org on your smart phone!**



Minot's new mobile website is Canadian friendly

The city of Minot, known as the "Magic City" because of its sudden and rapid growth in the steel and food processing sectors, is now a major trading center. Minot is thriving because it is a location for travellers from surrounding states and Canada who are all searching for a place to shop and celebrate in style. With the city, it is hard to Minot even for the past few years, so after months of planning the city is now ready to welcome visitors.

With the announcement of many new hotels that give the Visit Minot website, visitors are called about around many through many new sources. The city makes the perfect spot for family getaways, girls' shopping trips and couples weekends.

Better yet, this new website makes planning a cross-

border road trip easy. Visitors can access the new mobile site from anywhere through their smartphones.

"We really want to spread awareness about our new mobile website to both visitors and locals and let them know that they can easily browse events, find coupons and lots of information on what Minot has to offer right at their fingertips," said Vanessa Ingram, communications coordinator for Visit Minot. "Our mobile site is easy to use on a smartphone and can be accessed from any mobile smartphone or tablet device, which is especially great for those visiting Minot who may not have access to a computer or laptop."

One of the highlighted features is the hotel availability search. Although the website is available quite some time ago, it now contains a lot of useful tools and offers convenience for the mobile site. Visitors can go in and put in

the date they are planning to visit and they will get a whole list of available rooms. They can then make the reservation right from there.

Another feature which is highly regarded is the My Minot feature. This allows visitors to select the places they are interested in visiting (hotels, restaurants, shopping and attractions) and add them all to a personalized map of Minot. The agency is portable from a computer and enables visitors to access information for each venue.

If these features weren't enough, a coupon section was also added this year to both the website and mobile site. The new version of the VisitMinot website is expected to be a great benefit for Canadians over the summer months. The new dollars saved means more left for fun things such as

shopping.

The majority of new hotels and new businesses have been located growing in the area. Some of the companies will ask you to present the coupon at the time of your orders, may tell you to mention the discount when making your reservation, either way the savings are well worth the click of a simple button.

The Canadian visitors can also receive a discount. Canadian visitors to the website will receive information including travel documents, a map and daily bar information and more.

For more information, visitors who encourage to connect and connect on Facebook and Twitter which they can easily link to from the mobile website.

MAKE TRACKS FOR MINOT!

We're ready for you!



The summer of 2013 has been a time of celebration for the Minot Park District. It has been a long road here but we are happy and excited to say "We Are Back".

The Sours Valley Golf Course has opened all 18 holes and they are ready for you to hit the fairway. The Jack Hoeven Wee Links is also back in action for kids of all ages to enjoy. Jack Hoeven Wee Links is a real golf course designed specifically for kids.

The Lions, Tigers, Bears and more are all back home at the Roosevelt Park Zoo. The Otters and Penguin exhibits will continue to be worked on and we hope to bring them back sometime in the summer of 2014. For zoo hours and schedule of events please see their website at rpzoo.com.

Oak Park is open and home to the Splash Pad and Magic Smiles playground. The "Natures Playground" that is being constructed inside Camp Ometti at Oak Park is set to open next summer.

Roosevelt Park is open and ready for visitors. The train is running and waiting for you to make your next trip to the Magic City.

Thank you to all of our volunteers and visitors for their support over the course of our recovery. We are happy to be serving you all once again.

www.minotparks.com

Come on Down!

Head 'em up and move 'em out — down to the 59th annual Minot Y's Mens Rodeo

This fall, Minot is excited to welcome back its premiere rodeo event. The Minot Y's Men's Rodeo will be held at the State Fair Centre from October 10 to 13, bringing the action back for a 59th consecutive year.

The four-day event will feature the main attraction: the Buckle-Up Rodeo's Great Finale, where the top 12 cowboys from across North and South Dakota and the central United States will compete in seven events for hefty prize money.

As one of the Professional Rodeo Cowboys Association's sanctioned events of the rodeo season, the indoor event consistently draws the top riders and top stock in the

industry.

But the cowboys and cowgirls won't be the only ones entertaining the crowd over the weekend. A solid line-up of performers will be brought in for the year's event as well.

In addition to the excitement of the special entertainment guests, it was gon-fall of other activities will be held over the four days, including the Cowboy Christmas rodeo show and the 1964 West Rodeo for challenged kids.

Everyone is encouraged to join the entertainment and excitement of the rodeo. The rodeo the evening, as the Minot Y's Men's Rodeo is a charity event, and proceeds go towards a local cause.

Discover what's new in town

★ **Goodies**, a Nokesville-based apparel and home decor company, recently opened its doors in Minot. The 80,000 square foot store is fully equipped for all your back to school needs, shopping at Southgate Crossing, 2093 16th Street SW. With new merchandise arriving on a daily basis, you are sure to find something that suits your taste, all prices that can't be found anywhere else.

★ **Fall** will bring with it a brand new Steakhouse to try in Minot. Longhorn Steakhouse has finally decided to open a restaurant in the magical city. With a wide range of items on the menu, with the most popular of course being the steak, this restaurant will be one for the victor's champion.

★ **Plans** are in the works for Peters Beer to open up in the coming year. Details are scarce but the quickly expanding business is sure to be a hit.



LAKE TRACKS FOR MINOT!

We're ready for you!

Norsk Høstfest readies for 36th festival

You may think it is too early to talk about a fall festival, but you're mistaken. Norsk Høstfest tickets went on sale at 8 a.m., CDT, May 17 and the entertainment lineup is one you won't want to miss.

Norsk Høstfest, North America's largest Scandinavian festival, is held in Minot, N.D., and Riverside stands for the great food, culture and world-class entertainment. This year marks the 36th anniversary which will be held Oct. 1-4 at the North Dakota State Fairgrounds.

The event kicks off Tuesday evening (Oct. 1) with the Opening Ceremony followed by an evening concert with Frank Sinatra, Jr. who will perform with his 12 member band and the full Minot Symphony Orchestra.

"This is a unique opportunity for Minot," said David Ristun, Norsk Høstfest president. "To have a legend like Frank Sinatra, Jr. performing with our own Minot Symphony Orchestra is an once in a lifetime event."

The festival builds in momentum with three live Grammy winner Kiro Kristiansen taking the stage at 10 p.m. Wednesday, Oct. 3. Kristiansen's daughter, Kally, will also make an appearance.

The 8:30 p.m. Wednesday evening concert features Frankie Valli and The Four Seasons. Fans will hear as some favorites such as "Big Girls Don't Cry," "Hey Girl," "Don't Take My Eyes Off You," and many more.

Høstfest fans can be tempted to sit back and enjoy a double header concert with live-time Grammy winner Billy Joel and The 4th Street Boys. Billy Joel Brothers at 11 p.m., Thursday, Oct. 3. Stuart, performing with his band, The Fabulous Supercat, will bring his range to the stage such as "Banquet," "You Got a Guy," "Hillbilly Rock," and "Burn Me Down." The Billy Joel Brothers, with more than a dozen double-topping angles, will entertain fans with their popular music like "If I Had You Had A Beautiful Body," "Nobody Knows," "Let Your Love

Flow," and "Old Hippie".

Thursday night (Oct. 3), comedian Bill Cosby will take the microphone at 7:30 p.m. to deliver his award-winning humor to the Høstfest audience. Cosby's comedy travels to age, gender and cultural barriers and his routines captivate generations of fans.

Christie Pridmore, one of the Top 20 best-selling country artists of all time, will perform at 11 p.m., Friday, Oct. 4. Pridmore is known for hit songs such as "Kiss an Angel Good Morning," "Workin' Junk Blues," and "Someone Loves You Honey".

Eight-time country music "Artist of the Year" Patsy Cline will come back on tour and will bring songs of the south to the Great Hall of the Wings at 7:30 p.m., Friday and Saturday, Oct. 4-5. Cline's 70 plus charted singles include the hits "Fountainhead," "The Fountains of Happiness," "You're in a Hurry," "The Cheap Seats," "Roll On," "Song of the South" and "40 Year Wheel".

Legends of the '60s and '70s will take the stage at 11 p.m., Saturday, Oct. 5, as the Energy Orchestra. Tour fans will see live on stage The Band and Eddie from The Beatles, Chuck Negron, formerly of Three Dog Night; Gary Puckett & The Union Gap; Mark Lindsay, former lead singer of The Monkees; & The Meters, and Gary Lowers & The Playboys. The group's hit includes "So Happy Together," "Lucy in the Sky with Diamonds," "She's Got a Whiffen Now," "Suzie Green's Mass Hair," and "Neque".

Kids will get \$60 for VIP seats and \$40 for regular seats. The Høstfest Live Concert tickets with Frank Sinatra, Jr. will net for \$20. Kids can order tickets online at hofest.com, by calling (701) 852-0556, or in person at 1222 S. Broadway, Minot ND 58701.

This city of Minot has undergone tremendous growth and offers more

Continued on page 20


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Norsk Høstfest readies for 36th festival

Continued from page 19

than 25 hotels with plenty of rooms to offer Høstfest guests. To find hotel rooms, simply log on to Høstfest.com, click on "Accommodations" and follow the link as before on this page. Additional entertainment & activities.

In addition to the Great Hall entertainment, Norsk Høstfest offers two stage acts several times each day during the festival including The Oak Ridge Boys, Barne Høstfest, Williams and Fox, Polka Chicks, Rocky Nelson, Norembørd, Flegg, Wyse and the

Wild West, Hingst 5, Western Serenades, NBBG Girls, Tightly and Logan Lind.

Norsk Høstfest encourages fans to visit the website and dig deep into the pages and get beyond the festival's surface.

"When people attend Norsk Høstfest in October, they will really be surprised at the depth in the festival," said Nelson. "There are some real gems to see this year and plenty to do."

Because great entertainment, Norsk Høstfest will spotlight

Scandinavian culture, whimsy crafts, Nordic shopping, nighty dances, and of course, great authentic Scandinavian cuisine. The fall festival provides something for people of all ages.

For more information please visit hofstfest.com, or call the Norsk Høstfest office at (313) 862-2285.

GREAT HALL ENTERTAINMENT SCHEDULE

- Frank Sinatra, Jr., Herbie Hancock
7:30 p.m. • Thursday, October 1
- Kris Kalderson
7 p.m. • Wednesday, October 2
- Frankie Valli and The Four Seasons
7:30 p.m. • Wednesday, October 2
- Marty Stuart & The Dillards
Brothers
7 p.m. • Thursday, October 5
- Bill Cosby
7:30 p.m. • Thursday, October 3
- Charley Pride
7 p.m. • Friday, October 6
- Al Green
7:30 p.m. • Friday & Saturday, October 4 & 5 (two shows)
- Happy Together Tour (Brendan Peckoff, Terri & the 504 & 704)
7 p.m. • Saturday, October 5
Singing: The "Singles" including P.O. & Eddie, Chuck Rendon, formerly of Three Dog Night, Gary Puckett & The Union Gap, Mark Lindsay, former lead singer of The Flying Saucer, and Gary Lewis & The Playboys

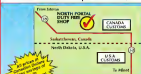
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PILE OF BONES BRASS BAND

School band was ensemble's training ground

Without school and community band programs, it's unlikely this Regina party band would exist today. The Pile Of Bones Brass Band, whose genesis in early 2010 was from another (vulgarily named) brass band, has at its forefront some unusual instruments, at least by mainstream standards: trumpet, trombone, sousaphone and the like. Most members of the energetic eight-piece got started on their instruments in middle years, through local marching bands which, in retrospect, had a heavy influence on the band's sound. By Ashley Martin

Bryce Wiles — drummer
Thom Collegiate, 1997
Started trumpet at age 12 in Regens Police Junior Band, then drums in high school jazz band.
"It came down to I could either be in Beavers or be in band and I chose band and I just stuck with it. One thing I noticed about band was there was always lots of girls in band so you could go and make friends with all the girls. When you're a guy (you have) your baseball team or your hockey team or whatever, but band you could have some (art) friends."

Karl Valerius — sousaphone
Campbell Collegiate, 1998
Reluctantly started sousaphone at around age 10 in Lions Band.
"My dad was talking about this open house for the band and I was like, 'No I'm not doing that, not interested.' 'Nope, it's up to us, we're doing it, and it was a big ordeal actually. Eventually I'd like to say that I won out, but I didn't. I found myself at the band hall and went from there.'"

Cheney Lambert — trumpet
École Mensaj (former de Laval), 2001
Started trumpet at age 12 in Lions Band, with a few false starts.
"By Christmertime I quit. I didn't like it. I didn't have any friends. The next year my sister was joining so I thought I would have one friend, I think, so I joined next fall again but on persuasion and again I quit, didn't like it. My sister finished the year, then she went onto the next band, G band at the time, and I kind of got angry again wanting to join, so after begging Bob Manning to let me in the advanced band, not having done a full beginner year, he allowed me to pick up a third time and I was kind of hooked from that point on."

Joel Larue — trombone
Dr. Martin Luther King High School, 2007
Started trombone in Grade 6 band, then joined the Lions in 2005.
"They bring in four instruments, try each one type of thing and one what you like. I tried the trumpet and then on the trombone I went bahhh-ahhh-ahhh. Like, oh my god. Then I was hooked."



The Pile Of Bones Brass Band includes (from left) Joel Larue, Cheney Lambert, Bryce Wiles, Karl Valerius, Jason Sheppard and (not pictured) Colin Neufeld and Niché Paskett. Catch them on Sept. 26 at the Gorman Club in Regina for Oktoberfest. **QC PHOTO BY MICHAEL BELL**

ON THE SCENE

#SASKTEL SUMMER INVASION

The last big burst of the summer took place last weekend in Wascana Centre. At the SaskTel Summer Invasion, which has steadily grown since its inception in 2008, music and extreme sports combined for a fun time. Aug. 23 to 26, bands like Mowley Tuck, Down With Webster, Doganette and Sweden Members headlined the Friday and Saturday night music, while local Battle of the Bands winners entertained on the daytime stage. Surfing and surfing-related sports were a hit, of course, with skatepark on-site and a chance to try wakeboarding. There were also demonstrations in wakeboarding, skateboarding, tria and motocross.

1. Destiny Zaphirey and Steve Weiss

2. Max Rowlett and Sarah Thompson

3. Tyson Lee, Monica Christoff and Frank Luby

4. Jessica Thibault and Stefan Porteus

5. Chelsea Messon, Landon Butler and Jerril Mason

6. Meghan Huger, Elijah Lee, Liam Carl and Gahan Johnson

7. Sara Desrosiers and Kim Dewar

8. Lorne Wyllie and Dale Popowich

9. Ryan Haynes, Monice Haynes and Amber Peck

QC PHOTOS BY MICHAEL BELL



ON THE SCENE



#ASK ELLIE

Wife's cleaning habits not sweeping husband off his feet

Q For a self-earning software developer (200K annually) She's a former teacher now a housewife (60K annually).

I love her. She loves me. We have two beautiful children, hoping for more. She's taking care of the kids and takes two days weekly when we have a holiday.

I make at night to give the little one the bottle. I play with the kids it is so to me. Until my wife wakes up. The older child goes to daycare five days weekly.

Remains as bathes them, I'm free for a book and fresh laundry.

I like a clean apartment. I start the dishwasher and washing machine at 7 a.m. I don't mind, it's not hard!

My issue is with my wife's cleaning habits. Kids often drop food on the floor, but she over-cleans it. Dust from all corners of our room causes 1 vacuum, she never does it. If I do too busy with work to lead the dishwasher and washing machines, I've never done.

And she should never vacuum the

Ask Ellie



washed laundry to the dryer. When I didn't do these chores, plates and clothes were not washed for four days.

She says I shouldn't even comment because she's the one watching the kids, most of the day.

When they're in bed, she watches TV rather than over vacuum or wash the floor.

I do agree that she puts up a full day's work watching the kids, while I'm at work. Should I just silently do everything she dislikes doing? What kind of example will this be for the kids?

Chequered at Home

A The best family model is one with loving parents who figure out how to

golden rule ourselves.

Have cleanliness matters, especially regarding hygiene and healthy conditions, but being realistic can bridge that divide.

Problems. You love each other, plus on having more children, your wife's not attracted to cleaning up, and it bothers you to do it all.

Solution. Hire a once weekly cleaner (about \$100 a day depending where you live, which apparently you are affording.) I'd relieve concern about any serious dirt/dust build-up, and cover a couple of days' worth of laundry.

Go for what works for you both, rather than keep a balance sheet.

You're both doing good, important work for your family.

Q During six months of dating, we have an extremely positive and affectionate relationship. He loves three hours every week both how he is asked, and the distance makes our time together more special.

Recently, I brought him home to meet my family and we were extremely

disappointed with their response — he's nice but you can do better!

True, he's not typical. A type boy friend with a big tall build, but he's extremely caring with a very kind demeanor.

I'm only 35, so know there are others out there, but should I give up on him just because my family isn't fully convinced?

Disappointed?

A It is an agreement some parents not gradually employ with older children, believing they're helping you see the bigger picture rather than being straight up negative.

It adds false bias criticism. But don't let that make you overreact.

Brush it off, and enjoy the relation ship. You're clearly seeing that at 36, most that guy doesn't necessarily mean that he's The One. The distance makes it special, but also prevents you both from knowing if this will become long-term. Tell your parents to also not overreact. It's still early days in dating someone you can only see on limited time.

Q My fiancé (two years together) and I are in our late 30s. But his poor hygiene is preventing my saying "I do."

He rarely brushes his teeth and only for 30 seconds before sleep. He only showers once a day.

He also "picks" and "scrubs" his nose. It's making me nauseous. I passed him tissues, glanced at his head hair, but no change.

Our love life has dwindled. I can't see beyond his disgusting habit and bad breath.

I love him but either this stops or there's no wedding.

Religious

A Neither of you are "religious." He CAN change such habits, voluntarily or with behaviour therapy.

Speak up and say that his persistent unpleasant habits disgust you, his breath's foul, and you can't stand having sex with him, due to these reasons.

If he resists change, you're done, and justified to end the relationship. Why would you stay when you're so uncomfortable and turned off?

Next week in CC

Self improvement is a big part of Adam Huffman's youth basketball camps

#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 One of the three children's books
 4 Pro hero poems for youth
 10 They have many jobs
 12 Tidal waves
 14 Parts portions of film
 15 Keyboard key
 16 I was saying...big "where?"
 17 After accounting for
 18 "Lucky"
 19 Found in cereals
 20 (Syllable) it's a key
 21 Muesli
 22 Cocktail can (omitted verb)
 23 Cereals
 24 Name and sometimes
 25 Connecting road in the city
 26 Risk
 28 (Syllable)
 29 Many of early Hollywood
 30 Says informally
 31 Garden spot
 32 Thousands, birds
 40 "I" article
 41 Ends suddenly
 42 (Syllable) "Me... (verb)"
 43 Marries, say
 44 Only swimming
 47 Nuts
 48 Carpenter

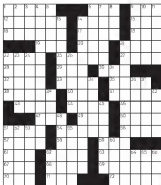


Photo: iStockphoto.com/Scott

DOWN

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 2 Classified into
 3 2012 hit Grammy
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JANRIC
CLASSIC
SUDOKU

Level: Easy

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Beginner (easiest) to Silver to Gold (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 22

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Start with

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SHARP EATS

See a food trend you think deserves a highlight? Email qc@leaderpost.com or visit us on Facebook

#HEALTHY LUNCHES

Lunchtime favourites get a makeover

By Jenn Sharp

School is starting, and it's the same old story — what to pack in the kids' lunch boxes? You want them to eat healthy, but you know they won't touch any of it if it looks too weird. There are ways to make up snacker-taste alternatives, but it also helps to get your children on board. Ask them to help prepare their lunches. Explain why certain foods are better for their bodies than others. Once they're involved, they'll be the ones happier to eat what they're packed.

Another hurdle when packing the lunch box is that many schools don't allow any type of nut product on the property if your child has a nut allergy, you're already allergic, or you're already allergic to nuts. So what he can eat. For everyone else — I did you a favour and sampled a peanut butter alternative made from banana, non-GMO soy beans, refined. WowButter. Along with coming from a 100 per cent nut-free facility, it's also gluten-free.

WowButter smells just like peanut butter, and tastes pretty darn similar too. It has a slight aftertaste, but not enough to dissuade me from eating it up in the nutritional contest. Good news is neither is peanut butter.

Read on for some healthy remakes of old lunchtime standbys. All nut allergies and your kids will gobble it up. Or they'll trade with a buddy, either way, someone's still will be eating healthy right?

QC PHOTOS
BY MICHELLE BERG



INSTEAD OF: PB&J on white bread

TRY: Banana, WowButter and honey on a whole wheat wrap. Substitute WowButter for the peanut butter and banana for the sweetened jelly. The banana adds potassium, the WowButter protein for a high energy kick to take into the afternoon. Adding a little honey adds WowButter a slight aftertaste. The wrap is more fun to eat than a sandwich's halves. Use banana white bread to heat them up full.



INSTEAD OF: Tuna or chicken salad with mayo

TRY: Guacamole

Not every kid will eat guacamole, but most will if it is a mild-mature spread with their favorite meat on a sandwich. Mayo doesn't offer a whole lot in the name of nutrition but avocados are full of healthy fats and fibre. They're also a great source of lutein, which helps protect against eye disease.



INSTEAD OF: Ants on a Log with Cheese Whiz

TRY: Laughing Cow cheese

Cheese Whiz, loaded with salt and saturated fat, is one step away from eating plastic. And there hasn't been actual cheese in it for years.



INSTEAD OF: Carrots with ranch dip

TRY: Carrots with ranch dip. Add oil, lemon juice and perhaps a little beef to Greek yogurt for a creamier (and a little beef to help eat) and nutritionally-sounding ranch dressing (many brands also contain MSG). Kids love dipping — provide them a healthy alternative and they'll be just as happy.



INSTEAD OF: Sweets for dessert

TRY: Cut fruit with yogurt dip. Add honey cinnamon, and if you're feeling fancy, almond extract to vanilla yogurt.

SCHOOL LUNCH IDEAS

Try Greek salad and potato patties for kid's lunch

Edmonton, Ontario districts have a website that is chock-full of free articles on food and nutrition, meal planning advice, healthy eat tips and recipes.

Included is a recipe challenge that is designed to get kids into the kitchen and excited about healthy eating and being creative.

Here are two of the kid-friendly award winning recipes from 2012-13:

Reena's Yummy Greek Salad

This recipe won first place in the kids' recipe challenge. It is geared toward Grades 1 to 3.

Salads enjoy the combination of sweet tomatoes and crunchy cucumbers. Fresh veg tables are always a great option for lunch. With the addition of crisp gyo and feta cheese this makes a vibrant and refreshing option for kids.

To keep the vegetables crisp, pack separately from the gyo chips and dressing.

- > 2 whole-wheat pita, cut into 8 wedges each
- > 2 cups grape tomatoes, cut in half (optional)
- > 2 mini cucumbers, cut into 1-cm slices
- > 1 cup crumbled light feta cheese



Reena's Yummy Greek Salad won first place in a July recipe challenge and is geared to students in Grades 1 to 3.

Dressing:

- > 1/4 cup extra-virgin olive oil
- > 2 tbsp red wine vinegar
- > 3 cloves garlic, minced
- > 1 tsp dried oregano leaves
- > Pinch each salt and freshly ground black pepper

1. Place gyo wedges on baking sheet and bake in a 400 F oven for about 5 minutes or until golden and crisp. Let cool.

2. Dressing: In a small bowl, whisk together oil, vinegar, garlic, oregano, salt and pepper.
3. In a large bowl, stir together grape tomatoes, cucumber and feta. Add toasted pita and drizzle with dressing. Toss to combine. Let stand for 5 minutes before serving for flavors to develop.

Potato Patties

Michelle earned second place. She loves that these patties have lots of veggie and taste like mashed potatoes but with loads of extra flavor.

The combination of potatoes and beans are also a great vegetarian lunch option that can be made ahead and then warmed up or enjoyed cold. Substitute Romano cheese for a new twist on taste.

- > 2 Yukon Gold potatoes (about 200 g), peeled and cubed
- > 1 can (50-oz) white kidney beans, drained and rinsed
- > 2 tsp cornstarch
- > 2 onions, finely chopped
- > 2 cloves garlic, minced

> 2 eggs

- > 1/2 cup freshly grated Parmesan cheese
- > 1 cup baby arugula, chopped
- > 1/2 cup frozen peas, steamed
- > Pinch each salt and freshly ground black pepper
- > Mini pepper sauce (optional)

1. In a large pot, bring potatoes to boil and cook for about 10 minutes or until tender. Drain and reserve to get. Add white beans and using a potato masher, mash together.

2. Meanwhile, in a small non-stick skillet, heat oil over medium heat and cook onion and garlic for about 5 minutes or until softened and turning golden. Stir in potato mixture with eggs and cheese until smooth.

3. Add arugula, peas, salt and pepper and stir until evenly distributed. Using a 1/2-cup dry measure, scoop out mixture to form a patty. Place on parchment paper or greased baking sheet and repeat with remaining mixture.
4. Bake in a 350 F oven for about 10 minutes or until light golden and firm to the touch.

Serves 10 patties

The Connection Press

yer knot
gonna believe
this place



Right or wrong, people make a judgment on what you are based on what you wear, especially a first impression
— Elena Grant

SETTING SCHOOL STYLE BOUNDARIES

Encourage students to wear age-appropriate attire

By Lauren La Rose

TORONTO — Before her daughter leaves the house, Elena Grant has established a rule to help ensure her teen's ensemble isn't too revealing.

"She's got to tuck up her arms, and if her shirt comes up above her belly, she's got to put a sweater on or tuck it up."

As owner of online teen clothing boutique SoSheella.ca — which also operates a retail store in North Vancouver — Grant makes an effort to carry age-appropriate clothes and to offer alternatives to more suggestive or revealing offerings targeted to the younger demographic.

"It has to be on trend. The girls want to be in style," said Grant, mother to 10-year-old daughter Sofia and sons Josh and Ben.

So what the challenge is, is in finding pieces that have the look of "what's current but that's not appropriate for their bodies and nothing that's going to be too sophisticated or too sexy. We don't want 12-year-olds looking sexy."

While the 40s off-the-shoulder look is in vogue, Grant said she aims to stay away from such accessories. Instead, she'll try to find styles that don't completely bare the shoulder and encourage girls to wear turtl tops with water straps underneath to "get a bit of the look with out going overboard."

Grant said she has engaged in a lot of discussion with Sofia on the subject of fashion choices and stressed the importance of "what you say to the world by what you wear."

"Even though you think the pair of cute little skirted jean shorts are trendy and in style and comfortable, what are you saying to the world when half your butt is showing or your leg is sticking up showing or your belly is showing?"

"Right or wrong, people make a judgement on what you are based on what you wear especially in a first impression. Now that's older kids and teenagers it's left alone."

Yet it's not just a matter of steering kids away from body bugging, slunking or suggestive attire that raises parental headaches for parents. It's also dealing with items marketed toward youngsters which some critics say perpetuate antiquated gender or sexual stereotypes.

In 2011, a girl's shirt bearing the slogan "You're pretty to look at home, look to my brother's to do for me" was pulled by J.C. Penney after a fierce backlash, and the retailer issued an apology earlier this month. The Children's Place



Elena Grant says it can be a challenge to find age-appropriate yet trendy clothing for young girls. Photo by Kristy Sygda/The Canadian Press

apologized in a Facebook post to those offended by its "My Best Beliebers" shirt which was also removed from sale.

The girls' tee featured checkmarks next to the words "shopping," "tanning" and "drinking" among the list of adjectives. Meanwhile, the corresponding box next to "math" was left unchecked with the slogan, "Well, Nobody's Perfect!" screamed underneath.

Toronto-based family therapist Jennifer Kolen said parents may be inclined to make certain compromises with their children over fashion choices, such as a pair of earrings they may want to wear or sporting a shirt over an outfit to make it more appropriate. She said it's still perfectly OK "to tell their child the clothing they're over is unsuitable or less allowed for their age."

"I don't think we're doing a good enough job as parents protecting childhood. It's lost. It's fading," said Kolen, a mother of three and founder of Connected Parenting.

"Kids are already doing teenage things and acting like teenagers at such a young age."

breaking, because you're still a little kid at nine. You should be hardest, running in your shorts getting muddy and having a great time at home."

Kolen acknowledged that once youngsters reach their late teen years, parents can't engage in battles over clothing in the same manner as they did when children were younger. Thus is why it's important to engage in a dialogue with kids early on about the symbolism of clothing and the image or loss they want to portray through their dress, she noted.

"The closer you are to your teenager, the more they're going to value your opinion," she said. "Knowing that it upsets you to wear something might be the reason that they say, 'OK, I'll put a sweater on.'"

"The more you start these patterns now, the more you're going to raise mindful, independent thinkers who go, 'You know what? I don't have to wear that just because everyone else does.'"

Nancy Dennis, trend director for children's wear for Sears Canada, said it can be tough to

encourage younger children to wear age-appropriate apparel when they see fashionistas wearing the looks that older kids are wearing.

She suggested drawing on style elements of a favourite movie or teen role model that kids can incorporate into their outfits, like sunglasses, shoulder beads or a graphic T-shirt.

"That's a way of adding a bit of Hollywood or rock star (style) without incurring a huge amount of expense."

Dennis said another way to entice the star look without being provocative or suggestive is to show children how their favourite role models, like Katy Perry and Gwen Stefani, wear items that are known for being eye-catching but not revealing, like crop tops and leggings.

"I think fashion is an expression of art and individuality and creativity," she said. "If they want to wear two colours that clash, I say go for it. As long as it's warm, it's age appropriate and they feel good in it, I think that's great."

lee@postmedia.ca

OUTSIDE THE LINES



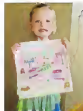
Colouring contest

Each week artist Stephanie McKee creates a family illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email to sp@leaderpost.com.

One winner will be chosen each week.

Please send **high-resolution** pictures and include the child's name and contact information.



Last week's OC colouring contest winner was **Liliana Lomax**. Congratulations! Thanks to all for your colourful submissions. Try again this week!

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WINE WORLD

LUCKY PENNY

Try this Australian wine for its fabulous finish

By James Romanow

I think white blends are just getting better and better. I have a theory that the exposure for a decade or two to the rigors of single varietal wines, combined with some drinking of traditional Old World wines, has meant that the vintners have worked out how to make wines for drinking as opposed to selling to billions who want to impress guests.

Meet Lucky Penny White. The Australians have spent a million and a half hours peering over their vine while back to back. At one point a decade back, they made up to a quarter of all wines sold in Canada, and not far behind that in the United States. Also, they now only produce about one-fifth of the world's wine, and that percentage will drop in the foreseeable future.

In any event, I picked up this red package and while the other day The label implies great and graceful, and I assumed it would be a pleasant blend. I was very pleasantly surprised by the mixture of glass. So much so, that instead of spending the afternoon applying tongue to glass and fingers to keyboard, I wandered off into the park to contemplate the clouds and life in general.

The wine does deliver the favourer promised by the label, but it does a great deal better than the label implies. This isn't a single wine at all.



It has a great crisp acidity, a lovely soft texture, and a fabulous integrated finish that will make you the talk of the crowd up and go anywhere.

If you like Chardonnay or Viognier, buy a bottle of Lucky Penny and check it out.

Lucky Penny White, Australia, 2012. \$18.00. Also, on wine online on Monday. Try @lbpw on Twitter.

Crossword/Sudoku answers

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3	S	O	S	H	E		O	P	E	N		
4						M	S	K		U	S	T
5	T	R	A	M		R	A	N	E	D		
6	E	A	S	T		I	L	L		O	R	
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8	S	T	I	T		R	F	O		S	W	I
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13	U	Z				S	R	I				
14	T	E				S	I	S				

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EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, Aug. 26

Wednesday Night Folk:
The Ben Wilson Project
Bridgeway
2286 Dewdney Ave.

June Night:
Every Wednesday
McNally's, 2226 Dewdney
Ave.

Thursday, Aug. 27

Folk's choice
noon, Regime Downtown
summer concert series
FW Hill Mall, South St.

Rock All
Cinema Regina Show
Lounge
1850 Saskatchewan Dr.

Third Degree Blues
The Pump, 641 Victoria
Ave. E.

Hele Lele, Darren Enders,
Show Pony
McNally's, 2226 Dewdney
Ave.

Friday, Aug. 28

Wonderland
McNally's, 2226 Dewdney
Ave.

Factor
O'Hanlon's, 1947 South
St.

Third Degree Blues
The Pump, 641 Victoria
Ave. E.

Regime Exorcism, Dire

Crews, Isles of Wintre,
Autistic, Desecrate Scrip-
ture
The Club at the Exchange
2431 8th Ave.

Big Chills/Fridays with DJ
Punkin'
The Lancaster, 4329 Gar-
den St.

Saturday, Aug. 29

Third Degree Blues:
The Pump, 641 Victoria
Ave. E.

Wonderland
McNally's, 2226 Dewdney
Ave.

The Snake Oil Salesmen
The Mercury, 2836 12th
Ave.

Sunday, Sept. 1

Toooper
Midville Cabaret
Credit Union Eventplex,
Sylvia Place

Monday, Sept. 2

Monday Night Jazz &
Blue & LeRue Southtown
Jazz Series
Southtown
2206 Dewdney Ave.

Tuesday, Sept. 3

Tuesday Night Troubadour
Jazz night
Every Tuesday, 8 p.m.
Boudoir, 2937 Park St.

Federal Lights, Foam Lake
O'Hanlon's,
1947 South St.



Catch Toooper at the Midville Cabaret Sunday. *Timothy Harty*

Stay & Play

in Regina

Ask for the *Stay & Play* package at participating hotels and receive special rates. Casino Regina gaming and dining vouchers, 2 for 1 Show Lounge tickets and free shuttle service.

Visit www.casino Regina.com/stayandplay.



Offer valid January 2, 2015. Stay & Play package must be booked by January 2, 2015 and is subject to hotel availability. Some restrictions apply. See Casino Regina offer guidelines for more details. Vouchers are valid for 12 months from date of issue. Book by 11:59 p.m. on the day before the event. Casino Regina reserves the right to amend or alter any promotion.

Know your limit, play within it. **GameSense**

